

Mumps Information Sheet

What is Mumps?

Mumps is a contagious disease that is caused by a virus. Most people with mumps recover in 7-10 days. Rarely, serious complications can occur including deafness, sterility (in males), and inflammation of the brain and spinal cord (meningitis).

How can you catch Mumps?

Mumps spreads through saliva or mucus from the mouth, nose, or throat of an infected person. An infected person can spread mumps to others by kissing, or by sharing food, drinks, eating utensils, cigarettes or any other items or surfaces that have been contaminated with an infected person's saliva.

What are the symptoms of Mumps?

Symptoms usually appear 12-25 days after a person has become infected. Symptoms include:

- Swollen and tender salivary glands under the ears or jaw on one or both sides of the face (parotitis)
- Fever
- Headache
- Muscle ache
- Tiredness
- Swollen, painful testicles
- Loss of appetite

People infected with mumps are considered contagious 1-2 days before swelling/pain starts and for 5 days afterwards.

How can you be treated for Mumps?

There is no specific treatment for mumps. Your healthcare provider may provide supportive care, such as fluids and rest, based on your symptoms and medical history.

How can you prevent Mumps?

The best way to prevent Mumps is to get the recommended 2 doses of the MMR (measles, mumps, and rubella) vaccine.

If you have mumps, you can prevent spreading the virus to others by doing the following:

- Stay home from work, school, or daycare for 5 days after the start of jaw pain or swelling
- Avoid close contact with people, including those people in your home
- Do not share food, drinks, utensils, or other items that come in contact with your mouth or nose
- Cover your coughs or sneezes (use a tissue or upper sleeve/elbow)
- Wash hands thoroughly and often
- Regularly clean home surfaces with cleaning wipes or soap and water
- Encourage those around you to check if they have had 2 doses of the MMR vaccine